

## Mondays to Fridays

NOTE: Between Romford Station and Stratford buses run every 5-6 minutes during peak hours.

Romford Station	0531	0553					0624				0638		0842	0848	0854	0859	
Romford Market	0535	0557					0628				0642		0847	0853	0859	0904	
Chadwell Heath Coopers Arms	0545	0607					0638				0652		0900	0906	0912	0917	
Seven Kings Garage	0551	0613	0618	0623	0629	0635	0638	0644	0645	0646	0652	0658	Then every	0906	0912	0918	0923
Ilford Broadway	0559	0621	0627	0632	0638	0644	0647	0652	0654	0655	0701	0706	11-12	0916	0922	0928	0933
Manor Park Broadway	D	0627	D	0638	0644	0650	D	0658	D	0701	0707	0712	minutes	0922	0928	0934	0939
Forest Gate Green Street		0630		0641	0647	0653		0701		0704	0710	0715	until	0926	0932	0938	0943
Stratford Broadway		0636		0647	0653	0659		0707		0710	0716	0721		0937	0942	0946	0950
Stratford Bus Station						0656		0710			0719			0945	0949	0953	
Bow Church			0645		0656		0708			0719		0730		0946			
Romford Station	0905			1438	1444		1506	1511		1529			1744	1750		1859	1905
Romford Market	0910			1443	1449		1511	1516		1534			1749	1755		1903	1909
Chadwell Heath Coopers Arms	0923		Then every	1453	1459		1521	1526		1544		Then every	1800	1806	Then about	1913	1919
Seven Kings Garage	0929		S-6	1459	1505	1516	1527	1532	1541	1550		11-12	1806	1812	every 8	1919	1926
Ilford Broadway	0939		minutes	1508	1514	1526	1536	1541	1551	1559		minutes	1815	1821	minutes	1927	
Manor Park Broadway	0945		until	1514	1520	1532	1542	1547	1557	1605		minutes	1821	1827	until	1933	
Forest Gate Green Street	0949			1518	1524	1536	1546	1551	1601	1609			1824	1830	minutes	1936	
Stratford Broadway	0956			1525	1531	1543	1553	1558	1608	1616			1831	1837	until	1942	
Stratford Bus Station	0959			1528									1840	1846		1945	
Bow Church					1540	1552	1602	1607	1617	1625							
Romford Station	1911			2259	2311	2323	2335	2347		2359	0011	0032					
Romford Market	1915			2303	2315	2327	2339	2351		0003	0015	0036					
Chadwell Heath Coopers Arms	1925		Then about	2313	2325	2337	2349	0001	C	0013	0025	0046					
Seven Kings Garage	1931		every	2319	2331	2343	2355	0008	0012	0020	0032	0053					
Ilford Broadway	1939		12	2327	2339	2351	0003										
Manor Park Broadway	1945		minutes	2333	D	D	D										
Forest Gate Green Street	1948		until	2336													
Stratford Broadway	1954			2342													
Stratford Bus Station	1957			2345													

## Saturdays

Romford Station	0532	0602		0622		0642		0702		0722		0901		1728	1734	1739
Romford Market	0536	0606		0626		0646		0706		0726		0907		1734	1740	1745
Chadwell Heath Coopers Arms	0546	0616		0636		0656		0716		0736		0918		1745	1751	1756
Seven Kings Garage	0552	0622	0631	0642	0651	0702	0711	0722	0731	0742		0924		1751	1758	1802
Ilford Broadway	0601	0630	0640	0650	0700	0710	0720	0730	0740	0750		0933		1800		1810
Manor Park Broadway	D	0636	0646	0656	0706	0716	0726	0736	0746	0756		0939		1806		1816
Forest Gate Green Street		0639	0649	0659	0709	0719	0729	0739	0749	0759		0942		1809		1819
Stratford Broadway		0645	0655	0705	0715	0725	0735	0745	0755	0805		0949		1815		1825
Stratford Bus Station		0648	0658	0708	0718	0728	0738	0748	0758	0808		0952		1818		1828
Romford Station	1744	1749		2302	2312	2322	2332	2342	2352	0012	0032					
Romford Market	1750	1755		2306	2316	2326	2336	2346	2356	0016	0036					
Chadwell Heath Coopers Arms	1801	1806	Then about every 10 minutes until	2316	2326	2336	2346	2356	0006	0026	0046					
Seven Kings Garage	1808	1812		2322	2332	2342	2352	0003	0013	0033	0053					
Ilford Broadway		1820		2330	D	D	D									
Manor Park Broadway		1826		2336	D	D	D									
Forest Gate Green Street		1829		2339												
Stratford Broadway		1835		2345												
Stratford Bus Station		1838		2348												

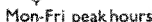
## Sundays (and National Public Holidays)

Romford Station					0707	0737	0807		0837		0907		0927		42	57	12	27	2257
Romford Market					0711	0741	0811		0841		0911		0931		46	01	16	31	2301
Chadwell Heath Coopers Arms					0721	0751	0821		0851		0921		0941		56	11	26	41	2311
Seven Kings Garage	0626	0656	0727	0757	0827	0841	0857	0911	0927	0936	0947	Then at these minutes past each hour	02	17	32	47			2317
Ilford Broadway	0634	0704	0734	0804	0834	0849	0904	0919	0934	0944	0954		09	24	39	54	UNTIL		2324
Manor Park Broadway	0639	0709	0739	0809	0839	0854	0909	0924	0939	0949	0959		14	29	44	59			2329
Forest Gate Green Street	0642	0712	0742	0812	0842	0857	0912	0927	0942	0952	1002		17	32	47	02			2332
Stratford Broadway	0648	0718	0748	0818	0848	0903	0918	0933	0948	0958	1008		23	38	53	08			2338
Stratford Bus Station	0651	0721	0751	0821	0851	0906	0921	0936	0951	1001	1011	26	41	56	11				2341
Romford Station					2312	2327	2342	2357	0012	0027									
Romford Market					2316	2331	2346	0001	0016	0031									
Chadwell Heath Coopers Arms					2326	2341	2356	0011	0026	0041									
Seven Kings Garage					2332	2347	0003	0018	0033	0048									
Ilford Broadway					2339	2354													
Manor Park Broadway		D	D																

A—Continues to Stratford Bus Station.

C—Starts from Chadwell Heath Wangey Road.

D—Continues to Ilford Station Ley Street.



**NOTE:** Between Stratford and Romford Station buses run every 5-6 minutes during peak hours.

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C—Continues to Chadwell Heath Wangey Road.